

Wednesday, November 5, 2025

300 swim – 200 kick – 300 pull

4 x 50 Run the shallow end  
Change direction of run on each one 5 - 10" rest

Repeat series 3 times: 1: swim 2: pull 3: pull

|                     | Gold   | Silver | Bronze | Iron   |
|---------------------|--------|--------|--------|--------|
| Emphasize technique | 250    | 150    | 100    | 100    |
| Odds: build         | 4 x 75 | 4 x 75 | 4 x 75 | 2 x 75 |
| Evens: Fast         | @ 1:05 | @ 1:15 | @ 1:25 | @ 1:35 |
| Easy                | 50     | 50     | 50     | 50     |
| Total yards         | 2800   | 2500   | 2350   | 1900   |

| Choice of stroke    | Gold            | Silver          | Bronze          | Iron            |
|---------------------|-----------------|-----------------|-----------------|-----------------|
| Drill / swim by 25s | 150<br>10" rest | 150<br>10" rest | 150<br>10" rest | 100<br>10" rest |
| Fast                | 50<br>@ :50     | 50<br>@ 1:00    | 50<br>@ 1:10    | 50<br>@ 1:20    |
| Drill / swim by 25s | 100<br>10" rest | 100<br>10" rest | 100<br>10" rest | 100<br>10" rest |
| Fast                | 50<br>@ :50     | 50<br>@ 1:00    | 50<br>@ 1:10    | 50<br>@ 1:20    |
| Drill / swim by 25s | 50<br>10" rest  | 50<br>10" rest  | 50<br>10" rest  | 50<br>10" rest  |
| Fast                | 50              | 50              | 50              | 50              |
| Total yards         | 3250            | 2950            | 2750            | 2300            |



50 easy

|             |      |      |      |      |
|-------------|------|------|------|------|
| Total yards | 3300 | 3000 | 2800 | 2350 |
|-------------|------|------|------|------|

